MESA FU26

General Health Supplement

Participant ID #: ⬜⬜⬜⬜⬜⬜

Acrostic: ⬜⬜⬜⬜⬜⬜

Technician ID: ⬜⬜⬜

Date: ⬜⬜ / ⬜⬜ / ⬜⬜⬜⬜
　　　　Month　 Day　　 Year

Instructions for respondents:

How we see ourselves depends on many different things. As you are completing the questionnaire, think about who you are at your core—the part of you that is most important to who you are regardless of the different roles you occupy from day to day. There are no right or wrong answers; the most important thing is to respond honestly.

Please read/**listen to** each of the following statements carefully and rate your agreement as:

Not at all (1), Somewhat disagree (2), Somewhat agree (3), and Strongly agree (4).

	Not at all	Somewhat disagree	Somewhat agree	Strongly agree
1. I don't have to be what other people expect.	○	○	○	○
2. What people think of me doesn't much impact who I am.	○	○	○	○
3. For the most part, I decide who I am.	○	○	○	○
4. I tend to adhere to society's expectations of me.	○	○	○	○
5. What others think of me has very little to do with who I try to be.	○	○	○	○
6. When someone says something about me I know is not true, I generally don't get bothered.	○	○	○	○
7. I recognize right away when I am even a little uncomfortable with something that happens.	○	○	○	○
8. I can usually tell the difference between what I care about on my own and thoughts that come from the influence of others.	○	○	○	○
9. Even when it's easier to do something else, I always try to do what I believe is right.	○	○	○	○
10. Being myself no matter what is an important part of who I am.	○	○	○	○
11. I would rather be myself than worry about what others think of me.	○	○	○	○
12. I act like a different person in certain situations.	○	○	○	○
13. Some situations require me to act like someone other than who I really am.	○	○	○	○
14. The physical parts people see when they look at me are not what make me who I am.	○	○	○	○
15. Though we may look different on the outside, at the core I am the same as everyone else.	○	○	○	○
16. My physical body is a big part of who I am.	○	○	○	○

(continued)

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	Not at all	Somewhat disagree	Somewhat agree	Strongly agree
17. The main way I think of myself is as a soul existing in a physical body.	O	O	O	O
18. The characteristics of my body (for example, my race, gender, height, or physical ability, etc.) are only temporary parts of who I am.	O	O	O	O
19. When someone insults me, even if they are right about what they're saying, it doesn't usually bother me.	O	O	O	O
20. Negative stereotypes about people like me make me feel bad about being who I am.	O	O	O	O
21. I wish I was someone people thought more highly of.	O	O	O	O
22. What others think of me influences what I think about myself.	O	O	O	O
23. Although it should not matter, knowing people like me are not highly thought of makes me feel bad about being who I am.	O	O	O	O
24. My opinion of what I am worth doesn't depend on how others view me.	O	O	O	O
25. Regardless of what anyone else thinks of me, I am happy being who I am.	O	O	O	O
26. My opinion of what I am worth depends on my status in society.	O	O	O	O
27. I don't really care much if people think highly of me.	O	O	O	O
28. Even when I fail at something or make a mistake, I don't question if I am a valuable person.	O	O	O	O
29. I am valuable because all living beings are valuable.	O	O	O	O
30. Caring for others is an important part of who I am.	O	O	O	O
31. I do my best to minimize the suffering of all living beings.	O	O	O	O
32. I don't worry much about the well-being of people who are not like me.	O	O	O	O

(continued)

(continued)

	Not at all	Somewhat disagree	Somewhat agree	Strongly agree
33. I do not need to identify with someone in order to care about what happens to them.	○	○	○	○
34. Even people I don't know deserve my concern.	○	○	○	○
35. I'm not willing to make sacrifices for people who don't deserve it.	○	○	○	○

IVPS scoring instructions

1. Items 7, 9, 12, 13, 17, 32 and 33 are filler items and should not be scored

2. Items 4,12,16,21,22,23,26, and 35 should be reverse coded

3. After reverse coding, scored items should be assigned a value of 0-3 (corresponding to the Likert scale responses) and summed. This value is the IVPS score.